

The Betrayal Anatomy Guide

Understanding What Happened and What It Broke

PURPOSE

Before anything can be repaired, both partners need to understand what actually broke — not just the surface act, but the deeper fractures it caused. This tool gives both of you a structured, private space to name what happened, what you are experiencing, and what you need right now.

INSTRUCTIONS

Each partner completes this tool independently and privately. Do not share your responses without the guidance of a professional counselor. Answer honestly — not with the responses you think you should give, but with the truth of where you actually are right now.

PART 1 — WHAT I KNOW (Complete Privately)

My role in this situation:

- I am the betrayed spouse
- I am the unfaithful spouse

In my own words, what happened:

When I found out — or when I disclosed — the first thing I felt was:

What I believe broke beyond just the act itself:

PART 2 — WHAT I AM FEELING RIGHT NOW

Check every emotion you have experienced since discovery or disclosure. There are no wrong answers here.

- Shock — I still cannot fully believe this happened
- Grief — I am mourning something I thought we had
- Shame — I feel responsible even though I know I am not
- Fear — I do not know who I am without this marriage
- Obsession — I cannot stop replaying it
- Hopelessness — I do not see a way through this
- Rage — I am furious in a way I have never experienced
- Numbness — I feel nothing and everything at once
- Shame — I cannot look at myself for what I did
- Relief — I finally understand what was wrong
- Confusion — I do not know what is real anymore
- Guarded hope — I want this to be survivable

The emotion I have not been able to name until now:

The emotion I am most afraid to let my partner see:

PART 3 — WHAT I NEED RIGHT NOW

Check every statement that is true for you in this moment:

- I need honest answers — all of them, even if they hurt
- I need physical space right now
- I need my partner to stop defending and start listening
- I need professional support — I cannot do this without it
- I need to know the affair has truly ended
- I need permission to feel what I feel without managing it for anyone
- I need to understand why this happened
- I need someone to tell me this is survivable
- I need time before I can make any decision about this marriage
- I need my partner to be patient with how long this is going to take

The need I have not been able to say out loud:

What I need my partner to understand most right now:

PART 4 — WHAT I BELIEVE IS POSSIBLE

Rate each statement from 1 (I do not believe this at all) to 5 (I believe this completely):

Statement	Rating
Trust can be rebuilt in this marriage	___
My spouse is capable of genuine change	___
I have the capacity to work through this	___
This marriage can become something I actually want	___
Healing is possible even if it takes a long time	___
God is present in this situation	___
We can find professional support that will actually help	___
What I am feeling right now will not always be this intense	___

My Total: ___ / 40

The statement I most want to believe but struggle with:

The statement that gives me the most genuine hope:

PART 5 — MY COMMITMENT TO THIS PROCESS

Check every commitment you are willing to make right now. Only check what you can genuinely mean.

- I will not make permanent decisions in the worst moment of this crisis
- I will pursue professional counseling — individually and together
- I will be honest about where I am, even when it is uncomfortable
- I will allow myself to grieve without rushing the process
- I will not use this pain as a weapon against my partner
- I will take this one day at a time and not demand a timeline from myself
- I will stay open to the possibility that healing is real

"I do not know how this ends. I do not know what I am capable of yet. But I am choosing to show up honestly for this process — not because I have the answers, but because the alternative is to walk away without ever finding out what was possible. I am giving this the best I have."

Name: _____

Date: _____